



Fitness Schedule

January 10 - April 3, 2022

Registration is required for all fitness classes, 14+ years.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CYCLE 6:30 - 7:15 AM		CYCLE 6:30 - 7:15 AM		
AQUAFIT 8:15 - 9:00 AM				CYCLE 8:15 - 9:00 AM
CYCLE 9:15 - 10:00 AM	STRENGTH FIT 9:15 - 10:00 AM	STEP 9:15 - 10:00 AM	HIIT 9:15 - 10:00 AM	CORE FIT 9:05 - 9:25 AM
AQUAFIT 9:15 - 10:00 AM	AQUAFIT 9:15 - 10:00 AM	AQUAFIT 9:15 - 10:00 AM	AQUAFIT 9:15 - 10:00 AM	AQUAFIT 9:15 - 10:00 AM
		STRENGTH SYNERGY 10:00 - 10:15 AM	CHAIR YOGA 10:00 - 10:45 AM	<p>Child Minding 6 Months - 5 Years</p> <p><i>Monday - Saturday 9:00 AM - 12:00 PM</i></p> <p><i>Monday - Thursday 4:30 - 7:00 PM</i></p>
	GENTLE STRENGTH 11:00 AM - 12:00 PM		GENTLE STRENGTH 11:00 AM - 12:00 PM	
HYDROTHERAPY 11:15 AM - 12:00 PM	HYDROTHERAPY 11:15 AM - 12:00 PM	HYDROTHERAPY 11:15 AM - 12:00 PM	HYDROTHERAPY 11:15 AM - 12:00 PM	
AQUAFIT 2:00 - 2:45 PM		AQUAFIT 2:00 - 2:45 PM		
STRENGTH FIT 5:30 - 6:15 PM	CYCLE AND TRX 5:30 - 6:30 PM			
	AQUAFIT 7:15 - 8:00 PM	YOGA 6:00 - 7:15 PM	AQUAFIT 7:15 - 8:00 PM	

Schedules are subject to change.